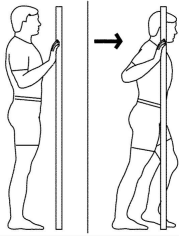


Pectoral door stretch



- Stand in doorway or in corner.
- Place arms at chest level on sides of doorway as shown.
- Gently step forward, keeping back straight.
- Return to start position.

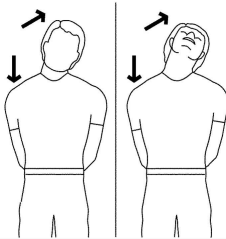
Special Instructions:

Place both hands at waist level or at head level to stretch different portions of muscle.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Up and back neck stretch



- Stand, hold hands behind back.
- Lower shoulder, tilt head to opposite side, and slightly upward.
- Repeat with other side.

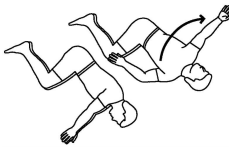
Special Instructions:

This stretch may also be done while lying on back.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Thoracic rotation stretch



- Lie on side with hips and knees bent at 90 degrees.
- Place arms out in front, palms together.
- Slowly lift top arm up and gently lower to floor.
- Try to get upper arm, forearm, and hand on floor.
- Keep knees on floor.
- Return arm back to start position.
- Repeat stretch on other side.

Special Instructions:

When raising arm back up, inhale first and exhale as arm is lifted.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Upper Trap stretch



- Place right arm behind back.
- Grasp arm with left hand as shown.
- Bend neck sideways to left as you pull your right arm.
- Repeat for other side.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Levator scap stretch



- Sit on chair
- Grasp seat with the hand on the side of the tightness.
- Place your other hand on head and gently pull down and diagonally to other side.

Special Instructions:

Look in the direction you are pulling.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Hook piriformis stretch



- Lie on back with knees bent.
- Cross one leg over the other.
- Grasp knee and ankle as shown.
- Pull knee across chest to opposite shoulder as shown.
- Repeat with other leg.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

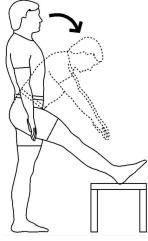
Issued By: Dr. Merritt

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Dr. Levi G. Merritt

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Standing hamstring stretch



- Stand with heel propped on low table, knee straight, as shown.
- Gently and slowly lean forward at waist.
- Repeat with other leg.

Special Instructions:

Keep the knee straight.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Hip flexor stretch 2



- Lie on table or firm bench with half of your thighs off table.
- Position both knees on chest.
- Flatten back against table.
- Lower one leg while holding the other leg to chest.
- Return to start position.
- Repeat with other leg.

Special Instructions:

Do not allow leg on chest to fall outward.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

TFL wall stretch

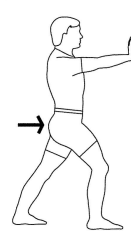


- Stand next to wall, about a foot away, involved leg toward wall.
- Cross over the uninvolved leg in front, and lean hip into wall, as shown.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Gastroc stretch



- Stand facing wall, hands on wall.
- Step forward with foot of uninvolved leg, leaning hips toward wall.
- Keep rear leg straight with heel on floor.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.